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NEWS
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A record year
for Ottawa
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sexist storm

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GREAT MEAL

OPT FOR SPROUTS ON YOUR BURGERS INSTEAD OF LETTUCE AND TOMATOES **PAGE 17**



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Ontario
needs jobs,
can Hudak
deliver?

Ontario PC Leader Tim Hudak speaks to the media on the roof of a Great Gulf condo development during a campaign stop in Toronto on Monday. Metro interviews Hudak, the second in a series of interviews with the leaders who want to be premier of Ontario. See story, page 8. NATHAN DENETTE/THE CANADIAN PRESS

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Gatineau aboriginals to fight waterfront facelift

Cultural rights.

\$48M improvement will restrict neighbours' access to Ottawa River



TREVOR GREENWAY

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A group of Aboriginal residents on Gatineau's Jacques Cartier Street are fighting the city's plan to demolish their last remaining private dock to make way for a slicker, newer boardwalk and marina.

Neighbours on the waterfront street say the city's \$48-million Jacques Cartier Street improvement project infringes on their cultural right to access the Ottawa River.

"When we look at the river, we see nature; we see our heritage in terms of our ancestors, perhaps the ghosts of our ancestors, the spirits of our ancestors in the land and we feel the

connection to the fish and the wildlife that use this," said resident John Savage, who lives directly across from the dock that he says is used by a handful of his Algonquin and Ojibway neighbours.

The revitalization project will convert the entire strip into public space featuring fishing docks, boardwalks and waterfront pathways.

The facelift will provide a "scenic entry into the Capital that is well integrated into the surrounding road network, along with a redevelopment of the shoreline that encourages enhanced recreational use and tourism," according to the NCC.

Savage argues the waterfront along the street is in need of protection, not development, and is calling on the city to listen to the Aboriginal voices when planning the facelift.

"Our first priority is to respect our access rights to the river and other natural areas that we determine are important to our heritage and lifestyle," he said, a day ahead of a planned press conference set for Tuesday morning that will include speeches from residents and Aboriginal leaders.

"And we want the right to put in docks and storage racks for our boats."



Gatineau resident John Savage is fighting the city's plan to remove his private dock from the Ottawa River.

TREVOR GREENWAY/METRO

Coming soon

The National Capital Commission said work on the waterfront project is slated to start some time this summer.

Realist council hopeful would give away part of salary



Marc Vinette, candidate for the Rideau-Vanier ward. CONTRIBUTED

The first thing Marc Vinette said he would do as an Ottawa city councillor is agree to give away about \$30,000.

If he beats out Rideau-Vanier incumbent Mathieu Fleury and fellow candidates Catherine Fortin Lefavre and George Atanga, Vinette says he'll put aside about 30 per cent of his \$93,000 salary for an "emergency relief fund" to help victims of sudden tragedy.

He says he just doesn't think councillors work hard enough for the near six figures they earn.

"It's too much money for what they do," said Vinette, owner of Hot Head Tees clothing shop.

"The money would go into a emergency relief fund to help people if they are falling through the cracks. I wouldn't be giving it back for (the city) to

waste again, that's for sure."

Vinette, a newcomer to politics, doesn't call himself the voice of reason in the city's upcoming political showdown, but rather the voice of realism — one that's brutally honest about the world we all live in. He says the city's attempt to "please everyone" gets in the way of getting things done.

"This lowest common denominator mentality where

you have got to try to please everybody and everyone's feelings count — that's not leadership, you can't get stuff done that way," said Vinette.

The 46-year-old father doesn't have a ward-specific to-do list for issues to work on, but drugs and homelessness initially came to mind. He wants to hear from electors what their issues are.

TREVOR GREENWAY/METRO

Kemptville

Man arrested after fatal hit-and-run

Ontario Provincial Police arrested a 52-year-old North Grenville man after a cyclist was killed in a hit-and-run Sunday in Kemptville.

Police say Roy Chapman, 54, was struck by a grey pick-up truck on Townline Road at approximately 5:15

p.m. while riding his bike.

At approximately 7 a.m. Monday, OPP tracked down a suspect and his vehicle and arrested him in North Grenville, police say.

Mark Gagne had an appearance in a Brockville court Monday, and was held in custody pending a second court appearance slated for Thursday, according to OPP.

JOE LOFARO/METRO

Ottawa River

Young man swept into rapids

A man in his 20s is presumed dead after his dinghy capsized in the Ottawa River Sunday afternoon.

The accident happened around 5 p.m. Sunday near Britannia Beach when two men were swept into the Deschenes Rapids. METRO

Health care

Mentally ill face dearth of services: Public workers

Workers from The Ottawa Hospital, the Ottawa Carleton Detention Centre, and other public service institutions are holding a press conference Tuesday to raise awareness about a

lack of health care services for people with mental illnesses.

"We're criminalizing the mentally ill," said Denis Collin, president of OPSEU 411 and a correctional officer at the Innes Road jail, in a news release issued on Monday.

"It's easier, some seem to think, to throw folks in jail rather than to treat the illness." JOE LOFARO/METRO

Employee vows to fight OCC's tattoo policy 'internally'

Anti-ink. One other employee still locked out over policy

LUCY SCHOLEY
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Nyema Williams may have agreed to cover up her tattoos for work, but the Ottawa Convention Centre employee is still fighting the company's anti-ink policy.

Williams showed up to her job as a senior housekeeper on Monday after she was locked out last week for refusing to cover up the bird design on her forearm. This time, she agreed to comply with the rule that all inked employees at the facility must hide their tattoos.

Sporting a compression

stocking on her forearm, on which she scrawled, "My tattoo offends the O.C.C.'s image," she successfully scanned her key card, which she said did not work last week.

"I'm the only sole breadwinner for my family," she said. "I'm a single mother and I work for a living, so I'm complying, but I will fight it. I will fight it internally."

Her coworkers Johnny St-Amour and Dan Caissie were also locked out. St-Amour said he will comply, but is currently on a two-week sick leave. Caissie is not. His key card did not work on Monday.

Paul Hinger, the unit chair for the United Steelworkers Union, said the members are backing the OCC employees, who are against the rule for ethical reasons and practical reasons: They say the tattoos

are a form of personal expression and that the mandatory long-sleeved shirts are too hot to wear in the summer.

Daniel Coates, the manager of marketing and communications for the OCC, said the centre wants the employees back at work, but they must abide by the rules.

"They engaged with us a couple of months ago, stating that it was quite warm in their uniforms and we worked with them to find a solution — a new uniform that they picked out, as well, that would be quite comfortable to wear while on shifts," he said. "They've chosen not to wear that uniform."

In 2011, the Ottawa Hospital imposed a new rule that forced employees to cover tattoos, but a labour arbitrator struck it down.



Nyema Williams, an Ottawa Convention Centre employee, shows off the stocking she's wearing to cover her tattoo at work (it reads, "My tattoo offends the O.C.C.'s image!"). She returned to work on Monday after she was locked out for refusing to cover her arm ink. LUCY SCHOLEY/METRO



Governor General shows off his spatula skills

Governor General David Johnston flips burgers as his wife, Sharon Johnston, laughs. They were volunteering at the Ottawa Mission in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

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Elliott Youden is seen in this undated photo. Youden faces one count of aggravated sexual assault for allegedly failing to disclose that he is HIV-positive to another man. FACEBOOK

Man accused in HIV non-disclosure case back in court

Second try after mistrial. Judge must decide if encounter was sexual assault



JOE LOFARO
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It was déjà vu Monday for an Ottawa man accused of failing to disclose his HIV status to a sexual partner after his first trial flopped because of a mistrial in January.

Elliott Youden, 32, was back in court to start a new trial, this time before a judge alone. He pleaded not guilty again to one count of aggravated sexual assault.

His January mistrial came a day after the jury had started deliberating.

His charge stems from a massage turned sexual encounter at his Centretown apartment in the summer of 2010. Youden tested positive for HIV in 2008.

A 25-year-old complainant,

whose name cannot be disclosed due to a publication ban, testified he had arranged in online chats to give Youden a massage for less than \$100.

"I was really strapped for cash," said the complainant, who at the time was a university student. "I was worried about not being able to pay for next semester."

He told the court on July 18, 2010, he engaged in unprotected anal intercourse with Youden twice after using a condom in their first sexual encounter. In the heat of the moment, Youden had agreed to pay \$300 for the sex, according to the complainant.

"I asked if he was positive and he said, 'No, I'm not positive,'" the man testified.

The complainant told the court as of two weeks ago, he is still HIV negative. The Crown alleges the man was put in danger by having unprotected sex with Youden while under the impression he was also HIV negative.

When it came time to pay up, Youden walked with the alleged victim to the Jack Purcell

Community Centre to get some cash and then fled, said the complainant.

However, Youden told the court there was never an agreement for money and he was being shaken down for \$500, not \$300. When he refused to pay, the man allegedly threatened him.

"I was baffled. I was shocked," testified Youden. "He replied if I didn't (pay) there will be very serious consequences."

Youden, a self-declared prominent figure in Ottawa's LGBT community, told the court he disclosed his HIV status to the other man in an online exchange before meeting in person.

"I said you couldn't get HIV from a massage," he recalled.

The complainant was OK with the sex because he was "focused on the money" he desperately needed.

"This money you were so focused on, did you ask to see it in advance?" asked Youden's lawyer, Ian Carter.

"No," replied the complainant.

The trial continues Tuesday.

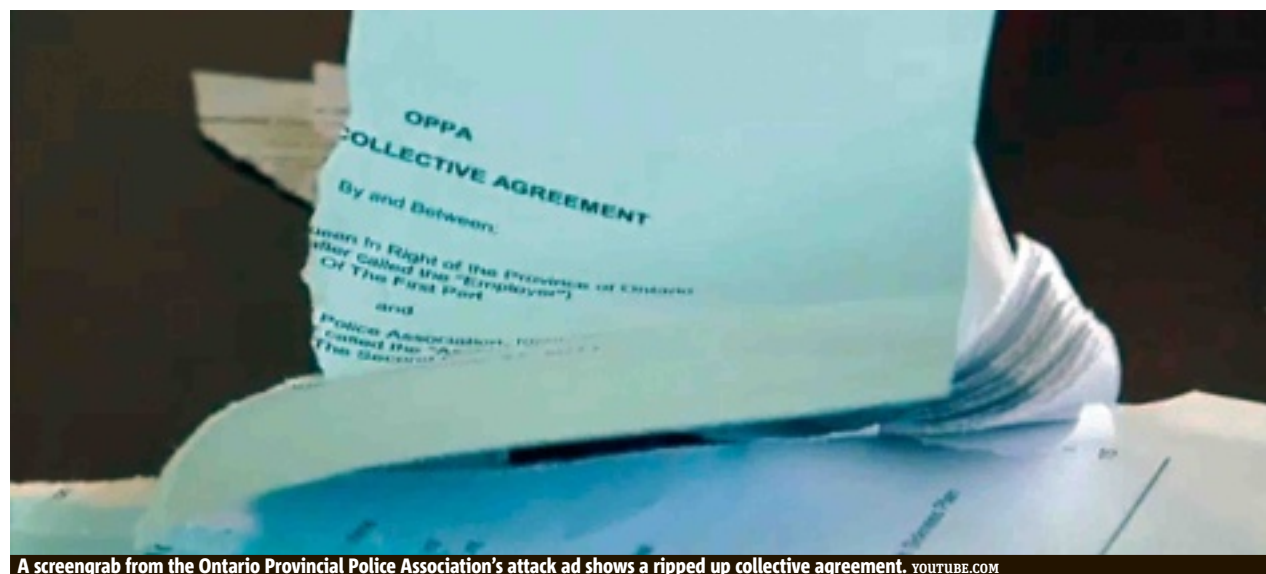
Police unions should keep out of provincial election, Tories say

'No choice'. Political science prof says attack ads by OPP union 'unheard of'

Police unions shouldn't be allowed to engage in partisan political activism during an election campaign, the Progressive Conservatives said Monday after being targeted in two ads issued by the Ontario Provincial Police Association.

"When the union representing the Ontario Provincial Police releases two 15-second attack ads against the Ontario PC Party, the public would understandably question the impartiality of its provincial police force," the Tories said in a statement.

"There is a reason why military and police forces do not engage in political activity — and this should extend to the



A screengrab from the Ontario Provincial Police Association's attack ad shows a ripped up collective agreement. YOUTUBE.COM

unions and associations that represent them."

It is "rather unheard of" for police or an organization

representing them to publicly endorse or pan a political candidate, said Luc Turgeon, a political science professor at the

University of Ottawa.

"It does raise questions since police forces are sometimes called on to investigate

politicians," he said.

The Tories pointed to the provincial police's ongoing investigation of the Liberal

government over the alleged destruction of documents related to the cancellation of two gas plants and another probe at Ornge, the province's air ambulance service.

The Ontario Provincial Police said in a release Monday afternoon that it does not, in any way, support the union campaign and has no opinion on the election.

The union, meanwhile, said it had "no choice" but to take public action given PC Leader Tim Hudak's plans to cut the pay and pensions of its members.

He said the ads are not an endorsement for the Liberals or the NDP.

"We just don't want this Conservative as premier," he said.

Hudak said he won't make any exceptions in implementing a public sector wage freeze if he's elected June 12.

THE CANADIAN PRESS

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Ottawa Fringe Festival returns with largest-ever lineup of artists

60 plays. Director says another attendance record could mean even more shows next year



LUCY SCHOLEY

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The Ottawa Fringe Festival will see the curtains rise on a record number of shows this year and organizers say they are bracing for the largest-ever attendance.

Audience members will have a choice of 60 plays to see this year and festival director Patrick Gauthier says they have met their limit.

"If attendance is blown out of the water again, then we will probably consider going to more shows next year," he says.

This year's must-sees include *Women Who Shout at the Stars*, starring Kingston-

based actor Carolyn Hetherington. She's doing her first fringe play at 83 years of age. Shirley Kirchmann, a South African standup comic who has been on the fringe circuit for a while, but never in Ottawa, will be bringing *Deranged Dating* to the capital. And Ottawa band *The Peptides* will be performing a music/theatre hybrid play called *Love + Hate*.

Fringe festival plays are selected by lottery, with the stage time slots divided up 50 per cent local, 35 per cent national and 15 per cent international.

Artists also have the Bring Your Own Venue (BYOV) option, which means they can set up their show at a location of their choosing — church basements, bars, university rooms — and the Ottawa Fringe Festival takes care of the ticket sales. One hundred per cent of all proceeds goes back to the artists.

Last year's fringe festival



South African standup comedian Shirley Kirchmann will be performing at this year's Ottawa Fringe Festival. CONTRIBUTED

sold 13,500 tickets and paid \$92,000 to artists.

Apart from the shows, Waller Park will again have its

courtyard beer tent and outdoor stage set up for pre- and post-play fun. Bands like Silken Laumann, Django Libre,

Crissi Cochrane, StillNative, the Adam Saikaley Quintet and HIGHS will be the musical entertainment. It will be the last

year Waller Park will host live music because construction for the Arts Court redevelopment project will be underway.

Ticket locations

Where can I buy tickets for a show?

- Arts Court, 2 Daly Avenue
- Studio Léonard-Beaulne, 135 Séraphin-Marion
- Half-Price Hut, Fringe Courtyard (Waller and Daly streets)
- Advance tickets are available until midnight the day before the show. Otherwise, tickets can be bought at the door.

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From left: sisters Anne Leonard, Josephine Badali and Arlita Matte, all members of the Congregation de Notre-Dame, discuss the release of Sister Gilberte Bussiere at a Montreal news conference Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Freed nun called 'strong,' healthy

Missionaries in Cameroon. Canadian, 74, kidnapped with two Italian priests, held since April 5

A Canadian nun who has been released after two months in captivity in Cameroon is happy to be free, her congregation said Monday.

Gilberte Bussiere, 74, and

two Italian priests were kidnapped on April 5.

"I spoke to Sister Gilberte this morning and her voice was strong and she was happy," said Josephine Badali, leader of the Congregation de Notre-Dame.

"She told me she had seen the doctor and from what we know at the moment, her health is good."

Bussiere, originally from Asbestos, Que., was kidnapped along with Gian-

antonio Allegri and Giam-paolo Marta. All three had been working as missionaries in Cameroon.

"She asked me to thank everyone who supported her and helped secure her freedom," Badali told a news conference in Montreal.

It is still unclear when Bussiere will return to Canada.

Badali said Bussiere was to meet with the Cameroonian president on Monday.

THE CANADIAN PRESS

New Canada Conference. Young people invited to brainstorm Canada's future



JESSICA SMITH CROSS
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In order to celebrate Canada's past, bright young Canadian residents are going to brainstorm our country's future.

On the sesquicentennial of the 1864 Charlottetown Conference — that's 150 years after the conference that laid the groundwork for Canadian Confederation — the "New Canada Conference" will be held in Charlottetown as a flagship event in P.E.I. in 2014.

Canadians and permanent residents aged 19 to 24 (as of Sept. 1) are invited to apply to become one of the 100 delegates who will receive an all-expenses paid trip to Charlottetown for the conference,

from Aug. 31 to Sept. 3.

There they will participate in a brainstorming session about the future of the country with the help of some yet-to-be announced prominent Canadians.

"The vision of Confederation was first articulated in Prince Edward Island and Prince Edward Island was the birthplace of Confederation," said Penny Walsh McGuire, the CEO of PEI 2014.

Walsh McGuire said she hopes to be surprised by the ideas from the young people. The application process requires a 150-second video or 400-word essay telling the applicant's story of Canada, and two references.

More details are available at ncc-cnc.ca.

Looking ahead

The discussions will concentrate on these areas:

- Civic engagement and community
- Technology and media, wealth and prosperity
- Ecology and resources
- Canada's place in the world
- Justice and equity
- Arts and creativity
- Learning and social development

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JESSICA
SMITH CROSS

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Tim Hudak has a master's degree in economics and an economic plan to create a million jobs. Numerous Canadian economists say the plan has serious flaws and, to date, Hudak has not acknowledged this.

When Hudak came to Metro for a sit-down conversation last week, as part of our interview series with provincial party leaders, we wanted to know if he had got into the "nitty gritty of the numbers" himself. Did he build his own plan? "It's my plan, so yeah," he said.

However, Hudak would not admit to any errors in his Million Jobs Plan.

Hudak put numbers of new jobs to each of his economic proposals in the plan, based on two reports he commissioned, one from the Conference Board of Canada and another from U.S. economist Ben Zycher.

Economists have pointed out that Hudak has taken figures that referred to a single year of employment and interpreted them as new permanent jobs that would be created each year in an eight-year time period, thus vastly inflating the number of total jobs the original analysis predicted would be created, among other errors.

"I stand behind our numbers and I think that it's been justified by other economists who say that's the ballpark of what this will create," he said. "I know there are those on the left side of the spectrum who think we need increased taxes. They see a bigger role for government with more spending. If that's your philosophy, I respect it, but don't vote for me."

When pressed specifically about his plan's controversial interpretation of the Conference Board report (which says Hudak's proposed corporate tax cut would create between 15,000 and 20,000 jobs, while the PC plan says about 120,000) — an error that, according to news reports, Hudak's staff has copied to off the record — Hudak still would not admit there

DAVID VAN DYKE/METRO



TIM HUDAK

As part of a series of Metro interviews with provincial leaders ahead of the June 12 election, Tim Hudak defends the numbers in his Million Jobs Plan, talks about cutting public sector jobs and lays out where his priorities lie on funding public transit. For video highlights, go to metronews.ca.

DRAWING THE LINE AT WASTEFUL BUREAUCRACIES

were errors.

"Whether it's 80, 112, 120 or 150 thousand, I think we agree it's going to create jobs. If that's the biggest issue we have right now in Ontario, why are we hesitating at all?" he said.

Part of the Million Jobs Plan is cutting 100,000 public-sector jobs.

"We'll have to go from 1.2 million workers — that's big

government today — down to 1.1, where we were in 2009. You do that by rubbing out the waste, closing down these expensive, meddling, middle managers that are milking the system and don't add to front-line services" he said.

"Over those four years you'll probably see 250,000 to 350,000 people retire from government service. We don't

have to fill those positions," he said. "There are many that could be better run outside of government.... But I will tell you I am going to draw the line at these wasteful bureaucracies, these 11,000 people at Ontario Power Generation and Hydro One making \$100,000 a year or more. No wonder your bill is going through the roof. So I will pare down that massive bureau-

cracy. I'll close down programs we don't need — like Drive Clean — anymore, the Ontario Power Authority, or the (Local Health Integration Networks) LHINs. If you work there, then, no, this isn't good news. But we have to set priorities."

Hudak has been willing to deliver bad news in the campaign. For example, when asked if his government would

help fund a rapid-transit project in London, he said no.

He also said no to plans — recently proposed by the Liberals and by former PC leader and current Toronto mayoral candidate John Tory — to electrify the GO Transit network to allow for expanded service.

"It's time we were honest with voters at the provincial level. There's two other leaders who are going to promise a lot of things to get elected," he said. "They're really paralyzed by trying to be popular in the short term but they have no long-term plan. And I think we're going to be looking for a politician who's going to be straight-up and say, we can't fund every project with this amount of money. Leadership is about setting priorities. There are projects we will not proceed with."

Hudak offered a compassionate rationale for his plan to cut spending.

"Look, why do we pay taxes in the first place?" he said. "We pay taxes because we're generous Ontarians and we want to make sure it helps the most vulnerable populations. People who may be sick, people with disabilities, seniors."

"It makes you want to pull your hair out when you see a young special-needs girl can't get help in the classroom, to achieve what should be the best place to get a good education, or when you hear heartbreaking stories about somebody's mom who's trying to stay in her own home and she can't even get one visit a week, despite all the money that we put towards health care, because it gets sucked away toward waste and middle management milking the system."

However, his message of cuts may have come with a political cost. According to a recent poll commissioned by the Globe and Mail, 57 per cent of the respondents who identified as "unaligned" voters said they were "afraid of what Tim Hudak and the PCs might do if they form government" — and 22 per cent of those who identified as Progressive Conservatives said they are too.

When asked why he thinks that's true, Hudak said, "I think people can see in my eyes and hear in my words what I'm in this for, and that's more jobs."

Highlights

On e-health...

"Let those who are going to use it run it.... If our dogs and cats can have electronic health records through their vets, isn't it incredible we don't have that for our own kids? A billion dollars gone. ... I want to make sure that we have electronic health records so I'll make sure that those who use it, like

doctors and pharmacists, are running the system."

On how his party's budget cuts differ from the NDP's...

"I think the only thing they might have proposed is to create a new bureaucracy to go and fight bureaucracy, and that just seems like something that would come out of a Monty Python sketch. We can do better than that ... I've followed a

lot of the recommendations that Don Drummond and his committee put out two years ago. And if we had followed Mr. Drummond's recommendations two years ago on how to get out of this debt spiral, we'd have less debt and more jobs today."

On what his policy of ending corporate bailouts would mean for Windsor's auto sector...

"More jobs. I just believe that these corporate slush funds are an irresistible invitation to corruption.... Kathleen Wynne is proposing a \$2.5-billion slush fund to hand out to businesses. There's no criteria.... Here's what I think is better: We lower taxes for all job creators to let them all succeed."

On why he thinks coalitions

"cheat" voters...

I think it's an interesting perspective into Kathleen Wynne's thinking when she was so quick to say yes to the notion of forming a coalition with the NDP. That strikes me as a leader who is more interested in keeping her own job.... We've had two years of this, it's put us deep in debt, our hydro bills are going through the roof. I think a coalition between

a big-spending Kathleen Wynne and an NDP that wants to spend even more, that's a frightening prospect.... I say no to coalitions. Let the voters decide.

On the ranked ballot initiative...

"No (I'm against it). I think that voters should decide who they want to be elected; whoever gets the most votes wins."



Protests over rape in India intensify

Women activists of the Bharatiya Janata Party face police water cannons outside the office of Uttar Pradesh state chief minister Akhilesh Yadav. They're demanding a crackdown on the increasing attacks on women and girls, like the case of the two teens who were gang-raped and found hanging on a tree last week.

THE ASSOCIATED PRESS

Portugal. Officials continue investigation into missing girl case

Police investigating the disappearance of Madeleine McCann on Monday cordoned off scrubland near the resort where the British girl vanished seven years ago.

Officers placed yellow-and-white police tape around the waste ground, which is larger than a soccer field and covered in bushes and some trees. Officials have previously said detectives may use excavators, dogs and ground-penetrating radar as they scrutinize the terrain. Police kept watch over the area from an adjacent low hill.

Officials made no immediate comment on Monday's developments. Cases that are under investigation in Portugal are covered by a judicial secrecy law, which forbids the release of information.

The scrubland is about 300 metres (330 yards) from the Praia da Luz resort in southern Portugal where Madeleine vanished from her family's vacation apartment in May 2007, shortly before her fourth



Portuguese and British officials plant markers on the ground inside a cordoned-off area Monday.

FRANCISCO SECO/THE ASSOCIATED PRESS

birthday.

Authorities in Portugal and Britain said recently they would conduct new searches in coming weeks after reviewing the case file and a new public appeal for information.

Portuguese police closed the case in 2008. The public prosecutor's office in Lisbon last year reopened the investigation, saying new leads emerged during the case review, though it did not elaborate. **THE ASSOCIATED PRESS**

#bringbackourgirls

Nigeria bans protests demanding return of missing girls in capital

Nigerian police say they have banned protests in the capital demanding that the government rescues the more than 200 girls still held captive by Boko Haram militants.

Altine Daniel, a spokeswoman for Abuja police confirmed the ban in a text message, saying it was "because of security reasons."

A core group that is part of the Bring Back Our Girls campaign has accused the government of sponsoring a new group, known as Release Our Girls. The new group shifts the responsibility of the kidnapping from the government to Boko Haram, the militant group which has killed thousands in its campaign to establish an Islamic state in Nigeria.

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Study: Hurricane Glen is scary, but Hurricane Glenda is deadly

What's in a name?

Experiments show people are more likely to flee storms with masculine monickers

People are slightly less likely to flee an oncoming storm with a feminine name than a masculine one, a new study finds.

But hurricanes with feminine names turn out to be deadlier in the United States than their more macho-sounding counterparts, probably because their monikers make people underestimate their danger, the researchers conclude.

In fact, the two deadliest storms to make landfall in the U.S. since 1979, when male names were introduced, were named Katrina and Sandy.

The study, which didn't involve any experts in meteorology or disaster science, was published Monday in the Proceedings of the National Academy of Sciences.

In six different experi-



This 2012 photo shows a pile of sand and debris sitting near a house that was damaged by superstorm Sandy in Brant Beach, N.J. A new psychology study shows that people are wrongly less prone to flee from hurricanes with feminine names, yet the study finds female-named storms have been deadlier in the United States than their macho-sounding counterparts. PATRICK SEMANSKY/THE ASSOCIATED PRESS FILE

ments, more than 1,000 test subjects told behavioural scientists at the University of Illinois in Champaign that they were slightly more likely to evacuate from an oncoming storm named Christopher than Christina, Victor than

Victoria, Alexander than Alexandra and Danny than Kate. They found female names less frightening.

"People are looking for meaning in any information that they receive," said study co-author Sharon Shavitt, a profes-

sor of marketing. "The name of the storm is providing people with irrelevant information that they actually use."

Shavitt said both men and women rated female storms less scary and they both "are likely to believe that women

are milder and less aggressive."

It fits with other research about gender perception differences, she said. Sandy, while it can also be a male name, was chosen as a female name by weather authorities in 2012.

Shavitt said it also ranked

as rather feminine when she asked a small group of people to assess names on a masculine-feminine scale.

Hurricane and disaster science experts, such as Massachusetts Institute of Technology's Kerry Emanuel, were skeptical at first. Then after more consideration, some — but not all — found merit in the work, noting that it is more about psychology rather than physical science.

Emanuel said confusion over whether 2012's Sandy was called a hurricane or post-tropical storm did cause confusion, so maybe names could make a difference too. He joked that maybe names matter and perhaps meteorologists should start using scarier-sounding ones like Jack the Ripper or King Kong.

But Susan Cutter, director of the University of South Carolina's Hazards and Vulnerability Research Institute, dismissed the idea that female-named storms are deadlier. She considered the study results just coincidence.

THE ASSOCIATED PRESS

Nova Scotia. Social media sites ordered to hand over info to help ID cyberbully

A unique Nova Scotia law aimed at squelching online harassment is being used for the first time to reach beyond Canada's borders to determine the identity of a cyberbully.

The province's CyberScan unit said Monday a Nova Scotia Supreme Court judge issued an order last week under the province's new Cyber-safety Act demanding information from Google, Facebook, Instagram, Pinterest, Snapchat and Canada's BCE Inc.

"It is the first order in Canada for that purpose," said Roger Merrick, the province's director of public safety. "It's groundbreaking for us."

The court order is seeking records that could identify the accused cyberbully, including home addresses, email addresses, user names, given names, account names and IP addresses.

The case involves a young woman in Halifax who has recently received threatening and harassing messages from an unknown person or persons

accused of hacking her social media accounts, Merrick said.

"I can't give you too much information for fear of jeopardizing the investigation," said Merrick, adding that police are also investigating.

The CyberScan unit has yet to hear from any of the companies involved and the process could take months to complete, Merrick said.

He said police routinely issue production orders when seeking information from online sources while investigating criminal matters, including child exploitation cases. If the information sought is found in the United States, police turn to the Treaty on Mutual Legal Assistance to guide them. In this case, the CyberScan unit is relying on civil law procedures.

"This is the first one for us ... (and) there may be a different process," Merrick said, adding there's no guarantee the companies will recognize the court order. "This is a learning process for us, too."

THE CANADIAN PRESS



25 years since Tiananmen

A Chinese couple have their picture taken outside the Forbidden City at Tiananmen Square on Monday in Beijing, China. Twenty-five years ago, on June 4, 1989, Chinese troops cracked down on pro-democracy protesters, leaving scores dead and injured. KEVIN FRAYER/GETTY IMAGES

Sex work. Survey reveals opinion split on key issues of prostitution legality

The results of a federal consultation on prostitution suggest a lack of consensus among people and groups interested in the subject.

A slight majority of those who responded to the Justice Department's month-long online consultation earlier this year felt that purchasing sexual services should be a criminal offence.

However, two-thirds of the more than 31,000 respondents said selling sex

should not be an offence.

About six in every 10 participants said benefiting economically from the prostitution of an adult should be illegal.

The department received comments from 117 organizations, but did not reveal who they were.

Justice Minister Peter MacKay tweeted that the findings would be taken into account in coming legislation on prostitution.

THE CANADIAN PRESS

Massachusetts

Puppy finds itself in the driver's seat, makes a big splash

A German shepherd puppy owned by a Massachusetts man decided to go for a drive — straight into a pond.

John Costello said his 12-week-old puppy, Rosie, was

so excited Sunday after going for a walk that she jumped in his running car, hit the gear stick and shifted into drive, before falling onto the gas pedal and sending the car careening into the water.

A couple of passersby saw the commotion and helped Costello rescue Rosie. Nobody was injured, but Costello says the Dodge Neon is a total loss.

THE ASSOCIATED PRESS

An Apple a day keeps the competition away: Health app part of preview



Apple CEO Tim Cook speaks at the Apple Worldwide Developers Conference event in San Francisco, Monday. JEFF CHIU/THE ASSOCIATED PRESS

25th annual software conference. Apple introduces built-in health-management tool for iOS 8 after Samsung rolled out fitness features in Galaxy S5

Apple's Mac operating system is getting a new design and better ways to exchange files, while new features in the software for iPhones and iPads include one for keeping tabs on your health.

Apple executive Craig Federighi pointed out that data from various fitness-related devices now live in silos, so you can't get a comprehensive picture of your health. That will change, he says, with HealthKit coming to the new mobile software, iOS 8.

Apple is also making it easier for various devices to

work together. Macs and mobile gadgets will share more features, and you can share and sync files between the two more easily.

The company is previewing the new features at its 25th annual conference for software developers in San Francisco. The free updates will come this fall, though developers got a test version Monday. Here are the highlights on what's been announced and what's coming:

Changes to Mac computers:

- The next Mac system will be named Yosemite, after the national park, now that Apple is naming it after California locales rather than cats.
- You'll be able to search for content on the computer and on the Internet at once, similar to a feature available with Microsoft's Windows 8.
- Apple is expanding its iCloud storage service so that you can store and sync files of any type.
- The Mac's Safari Web browser will have more privacy

controls and ways to share links more easily.

Changes to iPhones and iPads:

- Like the new Mac OS, the iOS 8 system will have a universal search tool, to cover both your device and the Internet. It will also get the iCloud Drive service.
- The new software will sport interactive notifications, so you can respond to a message without having to leave another app. It will have new gestures, such as double tapping to see a list of frequent contacts.
- A "quick type" feature promises predictive typing suggestions, rather than just spelling corrections.
- iOS 8 will have a built-in health-management tool to help people track their vital signs, diet and sleeping habits. Apple's chief rival, Samsung Electronics Co., incorporated fitness-related features in its latest flagship phone, the Galaxy S5.

• Although the Mac and iOS systems are separate, Apple CEO Tim Cook says the two have been engineered to work seamlessly together.

Apple typically announces new iPhones in September and new iPads soon after that.

THE ASSOCIATED PRESS

Market Minute

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Canadian students win their way into Apple's conference

Top programmers who write software for Apple computers, phones and tablets plan their year around attending the company's annual Worldwide Developers Conference in San Francisco.

For 16-year-old Douglas Bumby of Vancouver, making the trip means missing a week of school.

But he got permission to play hooky for a few days after being named by Apple as one of 200 winners of its scholarship

program with a free ticket to the five-day event.

Bumby, along with six other Canadians, gets to rub shoulders with other software developers and be among the first to hear about new software enhancements Apple intends to push out.

The important event has become so overbooked in recent years that a lottery system was instituted to distribute passes, which Apple sells for \$1,599 US.

"I'm really excited. ... I

would like to work at Apple as a software engineer or designer one day," said Bumby.

Bumby and the other winners had to impress Apple by creating an autobiographical app showcasing their skills, previous programming experience and interests.

The other Canadian winners are Martin Bestawros, Jaiten Gill, Indragie Karunaratne, Bruce Li, Jaxon Stevens and Ishan Thukral.

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THAT'LL BE THREE LOBSTERS EVEN

On a recent trip to Prince Edward Island, I met a fisherman on his way to see a man about a lobster — three lobsters, in fact. The fresh-caught seafood was his form of payment to a kind neighbour who had recently fixed his computer. I heard similar stories from farmers who trade food among their friends, offering eggs for produce and beef for pork. Intrepid locals from across the region are able to feed themselves without any sort of official cash transaction.

Bartering was once a ubiquitous method of payment used around the globe long before currency was introduced. And while this ancient economic model might seem better suited to rural communities, I think there are plenty of ways urbanites can cash in (so to speak) on the trend by outsourcing their skills outside the current capitalist system.

Swapsity and similar online communities match users based on needs and desires. Users can barter almost anything —



SHE SAYS
Jessica Napier
metronews.ca

skills, services and stuff — to trade what they have for what they want. It's an appealing idea, turning a few hours of babysitting into a bag full of clothes or swapping a stack of used books for a ride to the airport.

Home Exchange and Couchsurfing offer vacation-specific swapping services for travellers looking for beds in foreign countries. There are even business-to-business trading sites that give emerging and established companies the chance to exchange professional services in the name of business development.

The barter system isn't a perfect economic model. It's hard to evaluate goods and services against one another without a formal pricing model. We currently need to quantify goods and services on a mass scale — a banana is 59

cents, a plane ticket to Europe is \$989 — but when it comes to bartering among individuals, price and value become more relative. Is an hour of babysitting equivalent to an hour of personal

Take that, capitalism

It's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

training? Perhaps it is to you.

Unfortunately, I can't pay off my property tax bill by offering the city a few hours of free landscaping work. There will always be a need for some form of legal tender — even if old-fashioned cash and coins become obsolete in favour of bitcoins or another form of electronic currency.

But it's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

The barter system works because we can play to our strengths and find creative solutions to obtain what we need without spending a cent.

ZOOM

Land of the Rising Sun, after dark



A group of botaru fireflies take flight in a wooded area. "The flight can create a spectacle that seems to come from a fairy-tale world," says photographer Takehito Miyatake. COURTESY TAKEHITO MIYATAKE

Seeing Japan in a new light

It's known as the Land of the Rising Sun, but in these photos, Japan is the land of zipping fireflies, sparkling squid and volcanic lightning.

In his vivid images ranging from the erupting Sakurajima volcano to a forest bathed in the ethereal glow of fireflies in flight, photographer Takehito Miyatake explores the interplay between what he describes as the "light of Japan" and the natural landscape.

METRO

Sparse verse serves as inspiration

Miyatake was inspired by waka, a minimalist style of Japanese poetry that consists of five lines in a 5-7-5-7-7 metre.

"Both waka and photography can express nature concisely. With photography it can be a single image, with waka it is a poem of limited words, but also profound."

His photographs are on display at Steven Kasher Gallery in New York City until June 7.

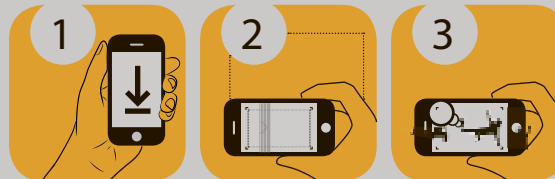
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Lightning striking at Sakurajima volcano. COURTESY TAKEHITO MIYATAKE

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MetroTube

Sk8ter girl lands 540

REBECCA WILLIAMS
readers@metronews.ca

What were you doing at age nine? Maybe you were riding your bike to school? Playing road hockey on the weekends? Unlike this Aussie girl, though, you probably weren't landing a 540 — a skateboarding trick involving one and a half full airborne rotations — on a half-pipe.

After a couple of tough wipeouts, Sabre Norris's reaction to landing her trick is worth every second of this video.



(Via The Berrics/YouTube)

GETTY IMAGES

DVD review



Lone Survivor

Director. Peter Berg

Stars. Mark Wahlberg, Taylor Kitsch

Lone Survivor is a serious change for the better for Battleship bomb maker Peter Berg. It's based on the thoughtful memoirs of now-retired Navy SEAL Marcus Luttrell, the sole man left alive out of 20 U.S. soldiers caught in a 2005 firefight in the mountains of Afghanistan's Kunar province. For all of its macho intensity — booming bullets, whirling chopper blades and falling bodies — Lone Survivor isn't just another war movie. We see the conflict from both sides, although the American one gets the most screen time and our immediate sympathies. Mark Wahlberg plays Luttrell, part of a "fire team" quartet of SEALs dropped by helicopter into a mountainous Taliban stronghold. The others are team leader Michael "Murph" Murphy (Taylor Kitsch), gunner's mate Danny "Danny Boy" Dietz (Emile Hirsch) and sonar ace Matthew "Axe" Axelson (Ben Foster). The actors are almost unrecognizable behind scruffy beards but they all deliver the goods.

PETER HOWELL

Chef is a little movie with lots of meat

The power of drama.

Director Jon Favreau says this small film packs as much punch as his blockbuster work like Iron Man



RICHARD CROUSE
scene@metronews.ca

The director who used elaborate special effects to make Iron Man soar through the night sky and a spaceship land in the Wild West says, "there is nothing more cinematic and exciting than watching food be prepared."

Jon Favreau, helmer of blockbusters like Iron Man 1 and 2 and Cowboys & Aliens, adds, "Modestly budgeted films like Eat Drink Man Woman or Jiro Dreams of Sushi are as compelling as any big budgeted Hollywood movie."

In his new film Chef (which he wrote, directed, produced and stars in), Favreau plays Carl Casper, a chef set on a new culinary path after an influential food critic gives his restaurant a savage review. The nugget of inspiration for the movie came two decades ago when Swingers, another film Favreau wrote and starred in, became a hit. "The Big Night came out the year Swingers did," he says, "and I remember seeing that film and feeling like they had really accomplished so much. With Swingers we had certain modest accomplishments. I was



Jon Favreau, right, directs, produces and stars in Chef. CONTRIBUTED

satisfied with it, but Big Night felt like a movie and felt like they had captured something larger. Maybe that was in the back of my head for the last 20 years. There was an envy that I had of what they were able to accomplish with the music, the culture, the performances, the food and how delightful it was. So I finally got to make my food movie."

In those 20 years, Favreau has been in the Hollywood trenches as a producer, director, actor and writer and is quick to note the similarities and differences between the story of Chef and his real-life work in the movie business.

"The archetypes of the players on the stage in the food world and the movie world are very similar," he says.

"The stakes are a bit higher in the food world, which is why it is dramatically appealing. One bad review can shut you down. Right now, the way reviews work in movies is that you're reading 90 reviews. It's all on Rotten Tomatoes, a compilation of numbers and you don't really have that personal relationship with a specific critic as you do in the theatre world or the food world. In the food world you are eye-to-eye with that critic and you are eye-to-eye with the customer and

when that food gets sent back to the kitchen you are looking at that plate. It's a lot different."

Favreau's next film is a live-action remake of The Jungle Book, but he says he'll likely flip-flop between big- and small-budget films in future.

"If I knew I could come up with a small story that I'd be excited about, next year I'd do this again but honestly, it hasn't been since Swingers that I've been able to sit down and write something so fully formed so quickly. I somewhat envy the filmmakers who can come up with a small story each year because this was the best experience I've ever had."

2 SCENE

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The older Python hasn't lost its bite

'Rude songs and rude dancing.' Eric Idle vows surprises at Monty Python reunion

Everybody expects the Spanish Inquisition. And as with all things Monty Python, fans need to expect the unexpected, too.

Next month the surviving Monty Python members reunite onstage for the first time in almost 35 years — and, they say, the last time ever.

Fans understandably want to see the anarchic comedy troupe's classic skits. They're hoping for Spam, lumberjacks, dead parrots and of course the red-robed cardinals who burst in to proclaim: "Nobody expects the Spanish Inquisition!"

Troupe member Eric Idle assures fans they will get the old favourites — but they are also in for surprises.

"I've got one or two up my sleeve that will absolutely freak people out," said Idle, who has taken the lead on assembling the 10 performances at London's O2 Arena.

The Monty Python Live (mostly) shows will take place between July 1 and July 20, with the final performance beamed live into movie theatres worldwide.

Tickets for the screenings were going on sale Monday.

"It's not five old guys on a stage doing old sketches," Idle said of the show, which



The surviving members of Monty Python, from left, Michael Palin, Eric Idle, Terry Jones, Terry Gilliam and John Cleese are reuniting in July for a series of stage shows in London. The final show will be beamed into movie theatres worldwide. MATT DUNHAM/THE ASSOCIATED PRESS

has a budget of \$3.5 million. He spoke by phone to The Associated Press from Seattle.

The 15,000-seat stadium will be filled with the help of a live orchestra, film footage, special effects and Terry Gilliam's surreal animation.

There will be plenty of "rude songs and rude dancing" from an ensemble of 20 singers and dancers — the approach Idle adopted during his performance at the 2012 Olympics closing ceremony.

"Who wants to look at a

bunch of old guys? Put some attractive young people onstage," said Idle, at 71 the youngest of the group. "That's my Broadway background. It's what I learned from Spamalot."

The sixth member of Mon-

Inquisition to extradition?

With just under a month until the July 1 kickoff, Idle has one gripe.

- It's about the Royal Canadian Mounted Police, whose scarlet tunics are essential to a famous skit featuring a singing, cross-dressing lumberjack.

- "The Mounties have seized all Mountie uniforms throughout the world, so you can't get them anymore," Idle said. "But we're not going to be stopped from doing The Lumberjack Song no matter what they do. So we may be up for extradition."

ty Python, Graham Chapman, died of cancer in 1989 but will be present in recorded form. Carol Cleveland, who appeared regularly on the Pythons' 1970s TV show, will also take part.

"It's a revue — 'Deja Revue,' as I call it," Idle said.

"What I've tried to do is make a sort of necklace — and we'll be the jewels. I've tried to make (each of the elements) segue into each other like the old Python shows used to do."

Idle began by asking Gilliam, Michael Palin, John Cleese and Terry Jones for their favourite Python nuggets. "I've tried to do things we've never done onstage as well," he said.

"Python has always tried to push the expectation level, and just be a little bit more than they could possibly hope for. I think that's one of its secrets — it's always been, 'Well this will really surprise them.'"

Idle says he's looking forward to the live transmission's potential for chaos.

"You don't normally have that opportunity to dry and be embarrassing and hopeless onscreen."

Idle said the atmosphere among the five group members was "delightful" — though Gilliam, now a film and opera director, branded the reunion "depressing" in a recent British newspaper interview.

"I think he's the most insecure about being in it," Idle said. "He isn't really a comedian."

"But of course his animations are staggering, and at 80 feet wide they look great."

The five comedians have had their disagreements over the years — but, crucially, they still make one another laugh.

"I think everybody is much mellowed, and happy," Idle said. "People are very funny about each other."

And sometimes people think we are attacking each other, but it actually is not that. It's permission to say anything, which is lovely."

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May the force be with her. Nyong'o nabs role in next Star Wars movie

Three months after winning an Oscar, Lupita Nyong'o is going to a galaxy far, far away.

The Walt Disney Co. announced Monday that Nyong'o is joining the cast of Star Wars: Episode VII. The 31-year-old actress became a breakthrough star for her award-winning performance in 12 Years a Slave.

Also added to the cast was Gwendoline Christie, best known for playing the hulking Brienne of Tarth on HBO's Game of Thrones. When the principal cast of Episode VII was announced last month, the lack of women raised some eyebrows.

Nyong'o and Christie join an ensemble that includes John Boyega, Daisy Ridley, Adam Driver, Oscar Isaac



Lupita Nyong'o CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

and Andy Serkis. Production is underway for the film, which is being directed by J.J.

Abrams. It's slated to open in December 2015.

THE ASSOCIATED PRESS

Ex-girlfriend of Clippers owner claims she was attacked in New York



Los Angeles Clippers co-owner Donald Sterling sits with V. Stiviano at a game in 2013.

Donald Sterling's former girlfriend's troubles aren't over yet: Two men attacked V. Stiviano Sunday night in Manhattan as she was returning to her hotel, her lawyer claimed. Mac Nehoray told ABC News that the two attackers, described as white men, recognized Stiviano and followed her after she left the

restaurant where she had dinner. They allegedly hit her in the face and used racial slurs. Nehoray says Stiviano was examined by a doctor and she's "banged up, but OK." Stiviano did not file a police report about the incident, and police officials do not expect any arrests will be made. The attack was presumably

related to Stiviano's role in releasing a recording of her former boyfriend Donald Sterling, co-owner of the Los Angeles Clippers, in which he made a string of racially offensive remarks. Sterling's wife Shelly has since negotiated a deal to sell the team to former Microsoft CEO Steve Ballmer for \$2 billion US.

It's over, it's over, or is it far from over? Drake and Rihanna call it quits again

It's apparently over again for Rihanna and Drake — at least as long as she wants it to be. "She gave him his marching orders and he's destroyed," a source says, according to Star magazine. "Drake was ready to walk away for good after Rihanna dropped him, but she has this power over him. All she needs to do is snap her fingers and he'll go running back to her. Drake is convinced that Rihanna has self-esteem issues and is pushing him away because she doesn't believe in or trust true love, which isn't



Rihanna

surprising after the crazy stuff that happened with her and Chris (Brown). All of Drake's crew wish he'd forget about her and move on, but he's hooked — no matter how upset, hurt and angry he is with her right now."

They came in like a wrecking ball: Thieves plunder Miley's property

If anyone tries to sell you a white 2014 Maserati for cheap this week, think twice about taking the deal: Just such a car was stolen from Miley Cyrus' house this weekend. The LAPD are investigating a break-in at Miley's house on Saturday night. The singer was out of the country on tour, but her assistant noted that something seemed off about the house when she arrived on Sunday morning and called the cops, according to TMZ. One thing that was certainly off: Miley's car was gone. Thieves made off with the 2014 white Maserati Quattroporte, reportedly valued at \$102,000, as well as some of Miley's jewelry. There was no sign of forced entry, but police say the suspects, a man and woman, scaled a fence and gained entry to Miley's garage.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Sandra's snagged herself a superhero

MELINDA TAUB
Metro World News

I don't know why I feel protective of Sandra Bullock. She's doing fine. She's very wealthy and famous. She makes hit movies where she plays astronauts and cops. She is still incredibly beautiful. If anything, she should feel protective of me, since I have none of those things (well, I am a stone cold fox). Still, I'm solidly in her corner, which is why I am so glad to hear that she might be dating Chris "Captain



America" Evans. Sandy has earned herself a hunk. The Gravity star and

Evans have reportedly begun seeing each other, though nothing serious is going on yet.

"They are not in a relationship, but they are definitely hanging out and are in the early getting-to-know-each-other phase," a source told E! News. "They haven't put a title on it, but they really like each other."

Evans and Bullock have been spotted dining together with friends several times this spring. The relationship would be a dream come true for Evans, who is 17 years Bullock's junior and says he had a big poster of Speed-era Sandra on his wall growing up.

Aww.

True love means dating someone you were obsessed with as a child.

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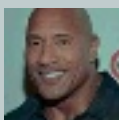


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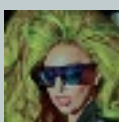
@carriefisher

For those of U still calling me "miss fisher"-Formality no longer seems appropriate. From now on, please try 2 refer to me as "Buck" or...?



@TheRock

430am. Back training. Highly intense & very nauseous. Never felt better.



@ladygaga

I could listen to Bruce Springsteen for the rest of my life. I think I will.

Keeping it au naturel

The Canadian Health Food Association (CHFA) has rounded up the most popular natural developments for the summer season from natural health retailers, suppliers and health experts. CHFA holistic nutritionist Michelle Book breaks down the Top 4.

IZABELA SZYDLO life@metronews.ca

Natural hydration

Three waters are making waves to help you stay hydrated this summer. The first is maple water, a new, trendy drink filled with minerals such as potassium, calcium, magnesium and manganese. Bonus? It's local! Then there's coconut water, an especially popular choice considered nature's "natural sports drink." Its sweet and nutty taste keeps thirst at bay, and it's high in potassium and electrolytes, and contains no artificial colours or sweeteners. Lastly there's Kombucha, another trendy drink. Found at your local health-food store, it is produced by fermenting black tea using a symbiotic colony of bacteria and yeast. Not only is it thirst quenching, it supports kidney and liver function. Although all these drinks do contain sugar, they have significantly less than many of the sports drinks, juices and sodas that tend to be so popular during the summer.



Natural skin care

When choosing sunscreen, I recommend a mineral-based one, which contains zinc oxide and titanium dioxide. Mineral-based sunscreens help to shield your skin by lying on the surface of the skin and reflecting potentially damaging UVA and UVB rays. There are many options that are also biodegradable and reef safe. Aloe vera is my go-to for soothing skin that has been in the sun. It can help to reduce the pain and irritation, and help to heal the delicate layers of your skin. When a sunburn does occur, more water is sent to the skin, so it's important to lock in that water with a good moisturizer to avoid dehydration. Don't confuse aloe with coconut oil, which is also a moisturizer that is seeing more attention this summer and is a great option to add to your summer skin-care regime.



Label literacy

More Canadians are demanding simple labelling. Common labels to look for are the Canadian Organic Symbol, GMO-free and fair trade. For the first, all foods with 95 per cent or more organic ingredients will have this logo on the package. Whenever possible, I recommend opting for organic. You are not only

investing in your health, but also supporting sustainable environmentally friendly practices and animal welfare. GMO-free means the product does not contain any genetically modified organisms. While the debate surrounding GMO food continues, if this is of concern to you, I recommend going organic to ensure what you are eating has not been genetically modified. Fair trade has been created to achieve better trading conditions and to promote sustainable development. Products that are classified as fair trade have been produced to support greater equity by offering improved trading conditions and respecting the producers, who are often from developing countries.



Superfoods

Health experts are buzzing about watermelon and coconut. Watermelon is extremely hydrating and provides a lot of important minerals. It's a great source of lycopene, which is a potent antioxidant pigment with a growing list of benefits from prostate health to skin care. Coconut also continues to be all the rage this summer. It is being

used in so many different and tasty ways — from ice cream to chips to coconut soy sauce. I personally love coconut chips, made from roasted slices of coconut. They can also be used as a topper to give your fresh summer salad a bit of extra crunch and flavour. Watermelon is always my go-to summer snack when it gets really hot. I keep it cut up in the fridge or I throw it into the blender with some ice and coconut water to make a 'slurpee.' Finally, seaweed snacks are great because they have no artificial colours or preservatives, and are virtually fat-free.



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Everything is coming up sprouts

Health Solutions

All hail the arrival of burger season



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I could spend a few hundred words scaring you off ground meats or share how carcinogenic the charred proteins are.

But why bother? We will both be enjoying a few burgers regardless.

The trick is to minimize the damage and maximize the pleasure.

Do this:

- Always use a meat thermometer on ground meats. Insert it horizontally and check a couple of spots in the thickest part of the burger.

- Chicken, beef and salmon all need to be fully cooked to well done. One small speck of E. coli or salmonella can cause tremendous illness.

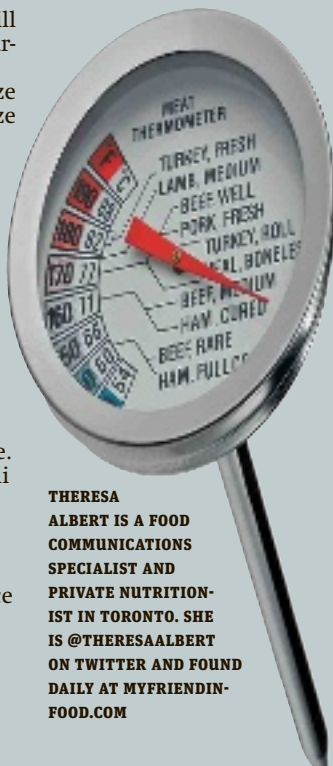
- Use moist and nutritious toppings to enhance flavour and juiciness.

- Some gourmet ingredients can up your game: ricotta cheese, blue cheeses, pesto sauce, a

variety of mustards, fresh vegetables, baby lettuces and sprouts all add a burst of taste

- Go beyond the bun! Paleo-friendly lettuce, kale or nappa cabbage leaves make great bases. If you do choose bread, keep the burger-to-bun ratio in line and don't be afraid of different grains and alternative flavours.

Practise safe barbecuing!



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves four. THERESA ALBERT

Ingredients

- 4 chicken burgers
- 1 cup ricotta cheese
- 3 tbsp pesto sauce
- 4 ciabatta buns
- 1 cup pea sprouts or mixed sprouts
- Grainy mustard

Whether you make your burgers at home or choose a pre-made or frozen product, you don't have to go ho-hum. Gourmet toppings will heighten the taste and elevate the experience. Making sure that you add ingredients that boost moisture and flavour is easy with this recipe.

Mixing pesto sauce with ri-

cotta cheese also makes a dip.

1. Fire up the grill and cook burgers thoroughly while you mix ricotta cheese and pesto sauce together.

2. Spread on both top and bottom of buns and add a big dollop to each burger once cooked.

FLASH FOOD



From your fridge to your table in 30 minutes or less

3. Top with sprouts instead of lettuce and tomato. THERESA ALBERT OF MYFRIENDINFOOD.COM

Salad straight from Old MacDonald's farm



This recipe serves four. FIONN MACCOOL'S

No one will be able to resist this hearty salad made with roasted Yukon Gold potatoes, grilled red onion, and spinach tossed in a honey mustard vinaigrette and topped with bacon, green onions, and a hard-boiled egg.

If your diners like meat with their vegetables be sure to add strips of grilled chicken breast or flat iron steak.

1. Toss potato wedges in a stainless steel bowl with oil and a few pinches of salt and pepper.

2. Transfer wedges to roasting pan and roast in 425 F de-

gree oven until golden brown, approx. 20 minutes.

3. Using same bowl, toss onion quarters in oil until evenly coated. Place quarters on a hot grill and cook until charred evenly on all sides. Spread petals apart to ensure even grilling. Onions are done when they smell sweet and have softened.

4. Toss baby spinach with honey mustard dressing, bacon bits and grilled onion. Place in serving bowl.

5. Top with potato wedges, hardboiled eggs and green on-

ion. Serve immediately. CHEF BRYAN JUREK OF FIONN MACCOOL'S

Ingredients

- 2 Yukon Gold potatoes, each cut into 8 wedges
- 1 tsp (5 ml) canola oil
- Salt and pepper
- 1 red onion, peeled, quartered
- 5 cups (1.25 litres) baby spinach
- 4 tbsp (60 ml) honey mustard dressing
- 6 slices bacon, cooked, finely chopped
- 4 eggs, hard boiled, quartered
- 1 bunch green onions, sliced thinly

Back pain or not, Nadal owns Paris

French Open. Rafa wins 32nd straight match at clay Grand Slam

Maybe, just maybe, Rafael Nadal was a tad vulnerable, the thinking went before this French Open.

He had lost three times on his beloved red clay already this year, more defeats than he ever had on the surface before heading to Roland Garros.

Then came an admission, after the Grand Slam tournament's third round, that his back was bothering him and slowing his serves.

Well, leave it to the eight-time French Open champion's upcoming quarter-final opponent — 2013 runner-up David Ferrer, one of the men who beat Nadal on clay this spring — to set the record straight.

"Rafael," Ferrer said, "is always the favourite."

Nadal certainly looked the part in the fourth round Monday, when he won 18 points in a row during one stretch en route to beating 83rd-ranked Dusan Lajovic of Serbia 6-1, 6-2, 6-1 for a record 32nd consecutive victory at the French Open. That broke Nadal's own mark of 31 and moved him a step closer to a fifth straight title in Paris.

The No. 1-ranked Nadal, now 63-1 for his career at the tournament, has won all 12 sets he's played in Paris in 2014, dropping a total of 23 games. He was asked whether he would have preferred a more taxing encounter by now.



Spain's Rafael Nadal returns during his third-round match of the French Open against Argentina's Leonardo Mayer in Paris, on Saturday. Nadal now has a record 32 consecutive victories at Roland Garros. MICHEL EULER/THE ASSOCIATED PRESS

A show of respect

"I hope (to) instil some doubts in Rafa's mind. But if we play at our best level, both of us, he will be a better player." David Ferrer on meeting Rafael Nadal in the French Open's quarter-final.

"You never know what's better," replied Nadal. "But, in theory, the theory says that it's better (to) win like this than win longer matches."

And his back? The one that flummoxed him during a loss in the Australian Open final in January, and then acted up Saturday, leading to an average

first serve of 165 km/h and top speed of 184 km/h? It didn't appear to be as much of an issue against Lajovic: Nadal averaged 173 km/h, with a high of 192 km/h.

"My back can be pretty unpredictable," said Nadal, who wore thick vertical strips of athletic tape under his shirt.

"I'm not lying. It's totally unpredictable. I don't want to speak too much about it."

OK, then.

Now he takes on No. 5 Ferrer, who eliminated No. 19 Kevin Anderson of South Africa 6-3, 6-3, 6-7 (5), 6-1.

Last year's French Open final is one of 21 losses for Ferrer in 27 matches against fellow Spaniard Nadal. But Ferrer won their most recent meeting in straight sets, on April 18 at the Monte Carlo Masters.

"Tactically, I will have to be perfect," Ferrer said.

THE ASSOCIATED PRESS

NHL

Habs not yet a perennial title contender: GM

Reaching the NHL Eastern Conference final was nice, but the Montreal Canadiens have a long way to go to make it a habit.

That was the message Monday from general manager Marc Bergevin as he met with the media to review the season less than a week after the club was eliminated by the New York Rangers in six games.

"I feel we're not a mature team," he said. "We're a good team."

"We're moving forward, but there are teams I see around the league that are more mature. For them, you could almost say every year they're a guaranteed playoff team. But we're not there yet." THE CANADIAN PRESS

NHL playoffs

Rangers tasked with penetrating Kings' fortress

Judging by gambling odds available and the Kings' recent playoff history, it would be foolish to call them underdogs.

Los Angeles is widely considered the best team in the 2014 cup final. And while New York has the series' best goaltender in Henrik Lundqvist, the Rangers will have their hands full.

Since catching fire down the stretch in 2011-12, the Kings have been playoff monsters, eliminated only by last year's champions, the Chicago Blackhawks. They became the first team in NHL history to win three Game 7s to reach the final.

THE CANADIAN PRESS

Copeland believes league's offer is strong



Redblacks offensive linemen Jon Gott gives instructions on Monday, the second day of training camp, at Keith Harris Stadium. PATRICK DOYLE/THE CANADIAN PRESS

CFL president Michael Copeland says the ongoing labour dispute between the league and its players could prevent the regular season from starting on time.

The 2014 campaign is scheduled to open June 26. But the league and CFL Players' Association are at an impasse and a potential players' strike threatens the season starting as planned.

"Of course there's concern (about regular season starting as scheduled)," Copeland, who is also the league's COO,

Mind the gap

\$800K

The league's offer calls for a \$5-million salary cap while the players' association called for a \$5.8-million salary cap increasing three per cent annually.

said Monday. "I don't think we could be at this point in training camp and not be concerned."

"But at the same time I'd say I'm hopeful because I believe in the strength of our offer. I think

when the players have some more time with it, they'll realize it's good for them, too. I'm hoping that can be basis of an agreement."

CFLPA president Scott Flory didn't return two telephone messages Monday.

The two sides haven't met since Thursday. Copeland said no new talks are scheduled.

The CFL and players met for more than 17 hours over two days last week. Both the union and the league tabled offers that were rejected by the other side. THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20
Focus on things that bring a smile to your face. The way you think about life will determine how enjoyable, or how difficult, it is going to be.

Taurus

April 21 - May 21
Watch what you spend over the next 24 hours because if you go over the top you are sure to regret it. The planets warn you may not be as well off as you seem to believe. Watch out for hidden costs.

Gemini

May 22 - June 21
Don't make too many plans today because most likely they will have to be changed. Just go with the flow and trust that the tide of events will wash you up some place that is to your liking.

Cancer

June 22 - July 23
There is a danger you will believe the powers that be have got it in for you. Nothing could be further from the truth. Your only real enemy at is your overactive imagination!

Leo

July 24 - Aug. 23
This is probably not a good time to commit yourself to a new project. Certain people cannot be trusted, no matter how upbeat they may be about what you are doing together.

Virgo

Aug. 24 - Sept. 23
You have big ambitions and you have what it takes to reach the top. However, the planets warn if you act in haste you will repent at your leisure, so don't be too eager to follow your dream – it could turn into a nightmare.

Libra

Sept. 24 - Oct. 23
Your confidence may be high but don't get carried away. There are things going on behind the scenes that suggest you could be in for a shock.

Scorpio

Oct. 24 - Nov. 22
Don't lose your perspective and get angry about something that would not usually bother you. And don't worry too much if you lose out financially either – you'll more than make up for it later.

Sagittarius

Nov. 23 - Dec. 21
Keep the momentum going today because if you slow down, your energy could tail off dramatically. Also, don't attach too much importance to a relationship problem. It's not as bad as it seems.

Capricorn

Dec. 22 - Jan. 20
You will be required to take on more tasks and responsibilities and though it may seem as if you are being unfairly restricted, you will be repaid in full later.

Aquarius

Jan. 21 - Feb. 19
Life seems more vibrant and exciting now and in a way that's strange as nothing much has actually changed. What is different is your attitude: You are determined to find silver linings everywhere.

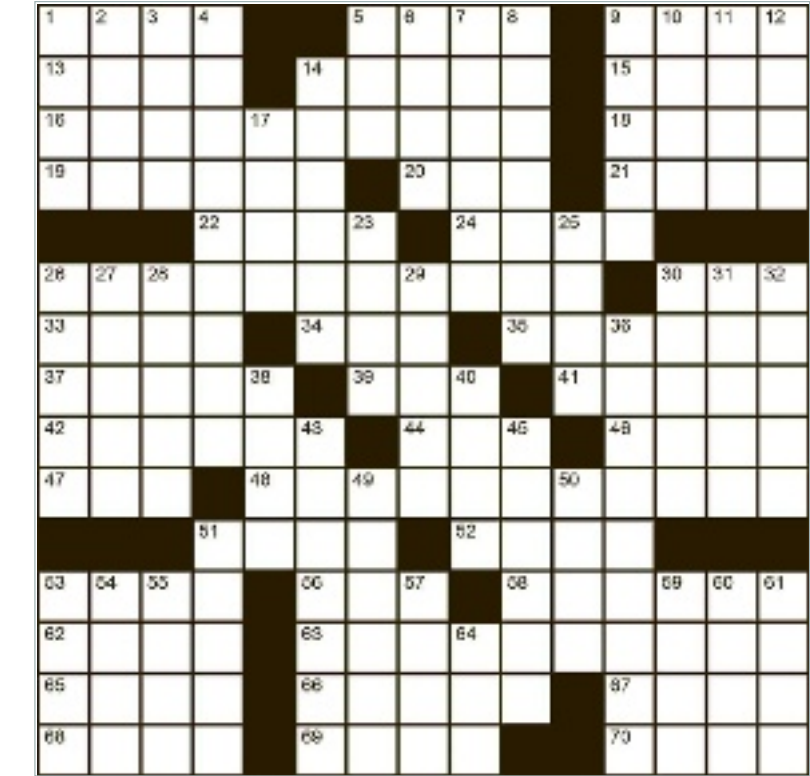
Pisces

Feb. 20 - March 20
Your feelings will be rather intense over the next 24 hours. If you prefer to live more through your heart than your head that's quite all right. Nothing bad will come of it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Vlad, e.g.
5. Applaud
9. Sprint
13. "...__ tete, Alouette..."
14. "... Vista Social Club" (1999)
15. Adhere
16. __ report (Autopsy results component)
18. Happy
19. Particular piano
20. They, in Montreal
21. Same: French
22. __ and bobs
24. Ingrid's celebrated role
26. Canadian Tiger __ Butterfly
30. 'Headache' in French, __ de tete
33. __ land
34. Damage
35. __ pants (Comfy clothing)
37. "So I sing __ of love, Julia." - The Beatles
39. Margarine container
41. Tunisia's capital
42. 2-worded golf film
44. As written
46. Tip to 'tion' (Car's key spot)
47. Nice summer?
48. British explorer, b.1728 - d.1779, who navigated much of the world, including Canada: 2 wds.
51. Soup vegetable



52. Dagger
53. Lima's land
56. Buenos Aires' shortened location
58. Texas city: 2 wds.
62. Image
63. Boeing 787 __ (New addition to Air Canada's fleet)
65. Swanky

66. Ancient Greek colony
67. Coiffure goos
68. Exclusive
69. __ cell research
70. Love letter's envelope letters

Down

1. Dog docs

2. Perched on
3. Gladiator's 1061
4. French for 'white bread': 2 wds.
5. __-de-sac
6. Q. "What's Mr. DiCaprio's first name?"
A. "Hmmm... __, __ believe."
7. Latin name for

- 'England'
8. Employee's cheque-getting record
9. 1999 flick in which Alanis Morissette plays God
10. Competent
11. Crease
12. Jekyll and __

14. Drake song: "Started from the __"
17. Put a 'roof' on a room
23. 2003 Samuel L. Jackson/Colin Farrell m.o.v.i.e.
25. Shutter segment
26. Writing tablet
27. "How __?" (Did you enjoy that movie?)
28. Separate
29. Have faith in
30. Tropical fruit
31. __ acid
32. Type of vision correction surgery
36. Corky and the __ (Canadian comedy/music act of the '90s)
38. Lcky substance
40. Prejudice
43. French star Vanessa, Johnny Depp's ex
45. Movie theatre
49. Chatty bird
50. Beloved of fictional Mountie Dudley Do-Right
51. Small quantity
53. Photos
54. Repeat
55. Churn
57. Kiss band member
59. Bit of "Feeling Good": "It's __ dawn..."
60. Ms. Ward
61. Russian city
64. Purpose

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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